

# B-Well Fitness Schedule



	Monday	Tuesday	Wednesday	Thursday	Friday
<b>7am</b>	*Yoga (Dance Studio)  *Spin (Merrill Track)	Boot Camp (Merrill Track)	*Yoga (Dance Studio)  *Spin (Merrill Track)	Boot Camp (Merrill Track)	
<b>8am</b>	Boot Camp (Track)	Basic Boot Camp (Merrill Track)	Boot Camp (Merrill Track)	Basic Boot Camp (Merrill Track)	Boot Camp (Merrill Track)
<b>11am</b>	Begin to Spin (Merrill Track)	Water Aerobics (Tarbell Pool)	Begin to Spin (Merrill Track)	Water Aerobics (Merrill Track)	
<b>12pm</b>	Boot Camp (Track)  Tone and Tighten (Merrill Multi-Purpose Room)	Yoga (Small Dance Studio)  Zumba (Merrill Multi-Purpose Room)  Qi Gong (Chase Little Room)	Boot Camp (Track)  Tone and Tighten (Merrill Multi-Purpose Room)  Yoga (Olin Arts Center)	Kinstretch (Merrill Track)  Zumba (Merrill Multi-Purpose Room)	Boot Camp (Merrill Track)  Tone and Tighten (Merrill Multi-Purpose Room)
<b>4:45pm</b>			Yoga (Chase Little Room)		

\*Starts September 16th Based on the Academic Calendar

Classes meet regularly when Bates Administrative offices are open. All classes range from 40 minutes – 1 hour in length.

Classes are free and open to all Bates employees, spouses and dependents. Each participant must have a valid Bates ID (this is the "Activity Card" for spouses and dependents).

No need to sign up, just show up! Questions? Contact Mike Milliken (207-753-6936 or [millike@bates.edu](mailto:millike@bates.edu)).

# B-Well

## Upcoming Events



To receive updates of class changes send an email to [bwellclassupdates+subscribe@groups.bates.edu](mailto:bwellclassupdates+subscribe@groups.bates.edu).

Event	Date	Location
<b>Sleep Tight Tonight Challenge</b>	Begins October 1	Online: <a href="https://www.wellable.co">https://www.wellable.co</a>
<b>Onsite Biometric Screenings</b>	October 29 October 30	Commons 211
<b>Nutrition Counseling</b> (By Appointment)	September 20 October 18 November 15 December 13	220 College Street
<b>Lunch and Learns</b> (12:00pm-1:00pm)	<i>The Impact of Eating Local</i> - September 18 <i>Boost Your Sleep Hygiene</i> - October 16 <i>Reducing the Stigma of Mental Health</i> - November 20	Commons 221 Commons 221 Commons 221
<b>Coping with Caregiving Sessions</b> (12:00pm-1:00pm)	September 10 October 8 November 13 December 11	220 College Street
<b>Eat Local and Healthy (CSA)</b>	October 2019 - March 2020	On Campus
<b>Flu Shot Clinic</b>	November 6	Muskie

[www.Bates.edu/b-well/calendars](http://www.Bates.edu/b-well/calendars)